

Practical coaching skills that drive performance and engagement

Imagine if your people stepped up, took ownership, and delivered the results you've always wanted, and that conversations built trust instead of conflict, and created opportunities for growth.

That's the power of coaching.



Why Coaching Changes Everything

- Need more initiative? Coaching builds ownership.
- Want better performance? Coaching gives focus and feedback.
- Need stronger teamwork? Coaching builds collaboration.

Coaching doesn't have to be complicated. With the right approach, it's simple, powerful, and transformative.

A Simple, Proven Coaching Model

Our unique review-based approach model transforms everyday conversations into growth opportunities with two simple questions:

- What did you do well?
- What could you do differently next time?

The full 4 step feedback model (pictured) also includes the opportunity to provide feedback.

These short, focused discussions build capability, responsibility, and a culture of continuous improvement.

Just 10 minutes at a time can unlock consistent, lasting performance gains.



Why Fast Track Works

- Bite-sized learning, real impact – Half-day modules fit busy schedules
- Actionable and practical – Tools, models, and techniques you can use immediately
- Built for culture change – From mindset to behaviours that stick
- Flexible delivery – In-person or virtual, tailored to your team

Fast Track to Coaching Covers:

- The mindset and identity of a coach
- Coaching fundamentals (feedback, NLP, presence)
- Listening that builds connection
- Difficult conversations made easier with a proven model

For leaders ready to shift from “telling” to “developing.”

